

Cassino and in Monte Gargano, they held the spiritual capitals of the southern half of the peninsula, the one the mother of Western monasteries, the other a shrine for pilgrims from all the West. Salerno again was a city celebrated beyond the borders of the Lombard race; it is described as rich with the traffic of Moslem Africa and Sicily; its trade with Constantinople was great; above all it was famous for its ancient School of Medicine.

The Lombards were both an aristocratic caste and a race of merchants and cultivators. As the former, they had stamped themselves all over Italy; from north to south the personal names of the whole noble class were Lombard. Their distinctiveness as a Teutonic nation had indeed vanished, and their origin revealed itself, apart from historic tradition, only in their names, in their law, certain terms in that law, the titles of some officials, and a few place names. They had become at once Catholic and Italian, But the word Lombard survived stubbornly attached to a people whose blood must have been largely mixed, The three duchies were of course the main seat of the Lombard race, but it was also numerous along the western coast, while the occupation of

Apulia by Zoto and Arichis II. had left
behind a
numerous race of peasants and
townsmen who
preserved the Italian speech and the
laws of
Rothari all along the hinterland of the
Adriatic
and even in the cities of the coast,
Not only the race, but also the laws
and admin-